

**Recruiting speech and language therapy departments in Scotland: delivering routine NHS interventions for people with Parkinson's disease as part of a randomised controlled trial (PD COMM)**

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# Recruiting speech and language therapy departments in Scotland: delivering routine NHS interventions for people with Parkinson's disease as part of a randomised controlled trial (PD COMM)

## Background

PD COMM is a randomised controlled trial (RCT) investigating effectiveness, cost-effectiveness and implementation of Lee Silverman Voice Treatment (LSVT) and other standard NHS speech and language therapy (SLT) intervention for people with Parkinson's disease (PD). However, we cannot assume SLTs will want to be involved.

## Objective



## Facilitators and barriers

### What we offer

Rare opportunity to build the evidence  
Successful pilot  
NIHR HTA funded  
Pragmatic, inclusive  
Free LSVT training  
Process evaluation very relevant to practice  
Realistic recruitment target (6 per year)  
Supportive network  
Help to develop research ideas

### Researcher role



Connect

Understand

Support

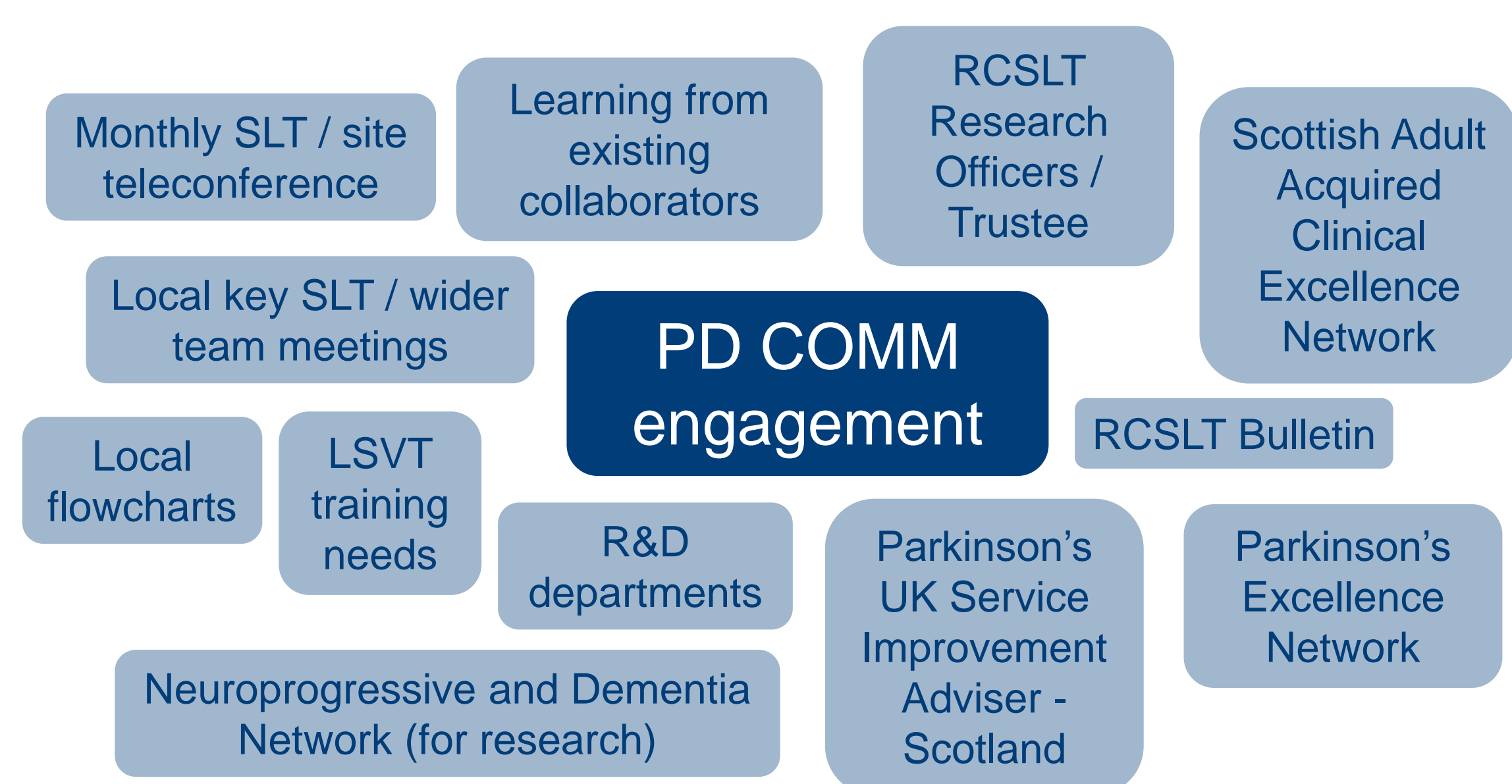
Problem solve



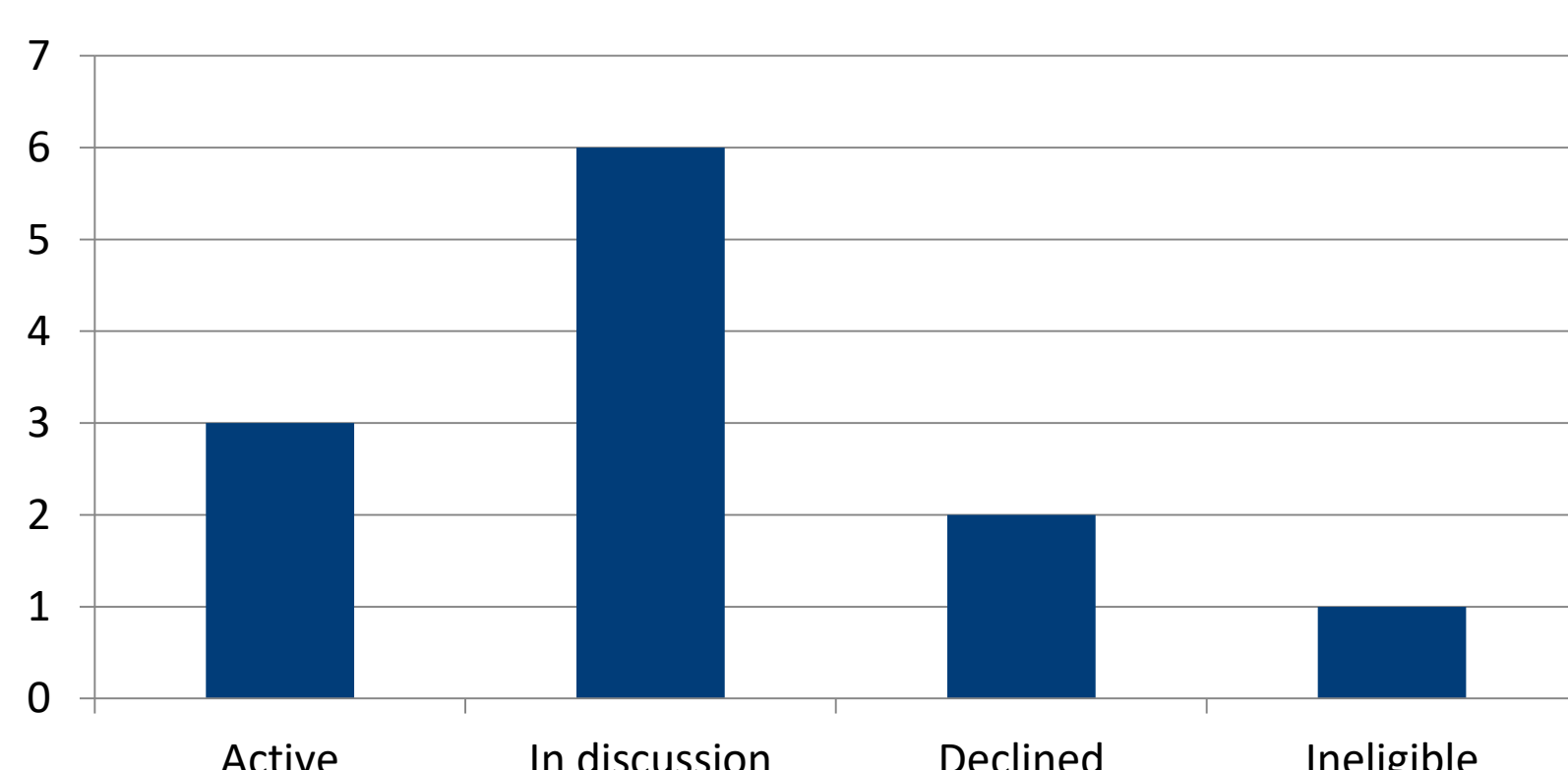
### Challenges

Lack of experience of national SLT trials  
Limited practical local support  
Low service capacity  
Priority to dysphagia  
Local perception about best practice  
Muddled LSVT and standard NHS  
Discomfort with patient-reported outcomes  
Discomfort with randomisation / control

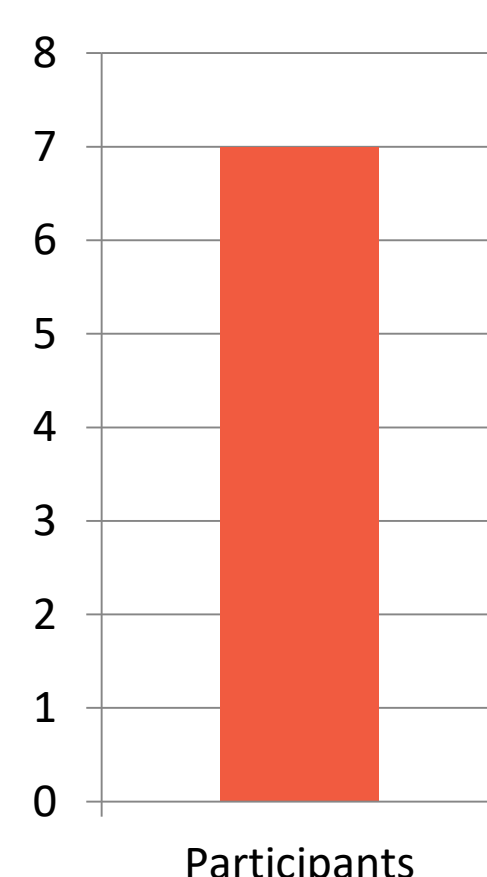
## Activity



Scottish NHS SLT Departments\*: PD COMM status



\*Medium / large



## Implications

Results from successful national, multi-centre trials are essential to informing clinical commissioning groups and other service decision makers, but a quarter of randomised controlled trials are stopped early because of poor recruitment. The challenges we face are not dissimilar to those reported in a systematic review of reasons for poor recruitment in discontinued trials (Briel et al. 2016). However, like those authors, we recognise most can be addressed in the short or longer term.

With our colleagues at Birmingham Clinical Trials Unit, we will continue to take every opportunity to support Scottish SLT departments with PD COMM. By monitoring and learning from this process, we hope to build the profession's research capacity and benefit people with Parkinson's disease.

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Reference  
Briel, M. et al. (2016) A systematic review of discontinued trials suggested that most reasons for recruitment failure were preventable. *Journal of Clinical Epidemiology* 80, 8-15.

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